

Meditation alters cancer cells

By Heiné de Waal – 11 November 2014

People sometimes ask me if meditation really works and what the benefits are. There is now [scientific evidence](#) suggesting that meditation can alter cancer survivors' cells to be healthier.

Just to be clear, I am not promoting meditation as the ultimate fix for all health problems. I think it is a personal choice to make use of it. It is really not difficult to learn, but it is indeed more difficult to commit to the habit of regular meditation.

What is meditation?

Meditation is an ancient technique practiced over thousand of years. It is an important element in many healing techniques and spiritual practices. Lately, the benefit of meditation has been valued and is now more easily accepted by Western medicine as a powerful tool for healing and stress relief. Meditation can help us on so many levels and if we do it regularly, it could help us through dark or difficult times.

So how does one meditate?

There are so many different techniques that it can be really overwhelming to search for the right technique. I will try to keep it as simple as possible.

Meditation is a technique used to quiet the mind and to help the body to rejuvenate itself. Regular practise creates awareness and wisdom that will help us to cope with all the challenges that life can throw at us. Meditation boosts the immune system and purges the body from toxins.

Meditation can be any kind of practise where we bring the mind into the present moment by focussing on just one thing. It lowers the brain waves from beta to alpha. Sometimes it can go as low as theta, which is good for rejuvenation. This can be achieved through breathing, movement, visualisation, chanting, prayer or just observing the moment. We can sit, lie down or even exercise while meditating. Each person needs to find what works best for him or her. I prefer Yoga, [Reiki](#) and Transcendental Meditation (TM). Each provides a different medium depending on the program or requirements.

TM is a wonderful meditation technique in order to stay grounded and to keep the mind focussed. For this meditation, you will need a mantra. A mantra can be any sound, word or phrase. Transcendental Meditation is usually practiced twice everyday, once before breakfast and again in the afternoon or before dinnertime.

Here is a short description of the TM technique:

- Sit down and get really comfortable. Make sure that there are no distractions.
- Close your eyes and allow your mind and body to relax completely.
- Breathe slowly and deeply (belly breathing!)
- Repeat the mantra of your chose softly for about one minute, making your voice softer and softer as you continue.
- Once you have said the mantra as softly as you can, repeat the mantra in your head, without saying it aloud.
- Allow yourself to focus on the Universe as well as the feeling of closeness and togetherness with the Universe, while you continue to mentally repeat your mantra for about twenty minutes.
- Should a thought enter your head, acknowledge it and move it to the side. Then, come back to your mantra.
- Slowly come out of your meditation and open your eyes. If you feel spaced out, have some water or something to eat.

When students learn Reiki they are introduced to the five elements called *gokai*. One of them is *kokyuhō* - breathing and meditation. These mediation techniques are easy to learn and can be done anytime of the day for a few minutes. Reiki is not just about hands-on healing. It can be a way of life.

Sometimes the simplest techniques can have the most profound effects. Their simplicity really belies their efficiency.